

ABSTRACT

Title

Diagnosis navigational skills with a focus on accuracy assessment
distance

Objectives

The aim is to determine, on the basis of results obtained from testing two groups of athletes from various sports, where are placed greater demands on accurate distance estimates. Specifically, the following tested sports: gymnastics and soccer. The goal is to determine which of these sports more developed navigational skills and gives greater potential for better and more accurate distance estimates.

Methods

The basic task was to estimate distances for testing athletes in gymnastics and football. After obtaining the necessary results, it was possible to summarize and subsequent comparison (comparison) data. When data sorting method was used for the analysis and summary of the resulting data was used synthesis method. It is a comparative observational research with quantitative research technique used - testing. Type the scientific method was empirical. It is a cross-sectional study, the data were single. Data was processed using the Mann Whitney test.

Results

By comparing the results of our sample groups tested in six motor tests focused on navigation skills was found that gymnastics does not give individuals greater prerequisites for a better and more accurate distance estimates.

Keywords: Motor ability, ability of coordination, motor skills, sports training, motor tests